



Photo by Todd Berenger

AFOTEC commander briefs honorary commanders

Maj. Gen. Felix Dupré, (center) Air Force Operational Test and Evaluation Center commander, briefs Kirtland Honorary Commanders Advisory Council members during a mission orientation on May 26. Among other topics, the General briefed the council members on the various community projects AFOTEC is involved with.

SPORTS

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Big Guns Club gets new member

Congratulations to Rich Donnelly, the newest member of the Big Guns Club, Phase I. Presenting his T-shirt is Fitness staff member Lionel Alston.

ODDS & ENDS

The Kirtland AFB outdoor pool hours are: Tuesday-Friday, 11 a.m.-7 p.m.; Saturday-Sunday, 11 a.m.-5 p.m.; Mondays closed for cleaning. Daily use fees are \$1.50-\$3. Call 846-1499.

School sports physical appointments for the 2004-2005 school year may be made at 846-3200.

The East Fitness Center holds the U.S. Air Force Cycling Program, "Go For The Ride Of Your Life." You can win T-shirts, caps, towels and water bottles. Pick up a mileage card at the East Fitness Center. Call 846-1102.

The East Fitness Center sponsors the "Run For Your Life" program. Participants are authorized three miles a day. Incentive prizes are given for miles accumulated. Call 846-1102.

The East Fitness Center has two personal trainers on call. James Allison, Certified International Fitness Professional Association and Diane Cabral, Certified National Strength and Condition Association Personal Trainer. Cost is \$25 an hour. Call 846-1102.

The Air Force Sports Program is looking for people who excel in boxing, bowling, cross country, golf, fencing, rugby, shooting, tae kwon do, track and field, triathlon, wrestling, marathon or men's and women's basketball, soccer, softball or volleyball. Visit www-r.afsv.af.mil or call 846-1102.

TRAVEL

Join Outdoor Recreation for Foothills Mountain Bike Clinic, an educational 3-hour ride on the Sandia foothills trails. Designed to help beginner-intermediate mountain bikers. Focus is on riding technique, safety, climbing, jumps and down hills. All you need is a bike and helmet. Price includes bike rental if needed. Cost is \$20 for the class which is **June 15, 5-8 p.m.** Call 846-1499.

Isotopes Park has Military Appreciation Night June 12, 7-11 p.m. Tickets cost \$6 and can be purchased at Isotopes Park box office or by calling 222-4009. Deadline for purchase is **June 4.**

Isotopes baseball game vouchers for the 2004 season are available at Information, Tickets and

Travel. Cost is \$6. The vouchers are good for any home game except exhibition games and **July 2** and **3** playoff games. Call 846-2924.

CLASSES

PT Prep is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises that focus on push-ups and sit-ups. The aerobic portions focus on intense exercises—jumping jacks, sprints, hustlers, shuffles, body builders—that build cardiovascular endurance to help with the PT run. PT Prep is Mondays, 6 a.m. and 4 p.m. and Wednesdays and Fridays at 6 a.m. Call 846-1102.

The Low-Impact Aerobics class begins at 9:00 a.m. Wednesdays and Fridays at the East Fitness Center. Call 846-1102.

Cardio box classes are Tuesday and Wednesday, 5 p.m., at the East Fitness Center. Call 846-1073.

Indoor cycling classes are held at the East Fitness Center, Monday and Wednesday, 10 a.m. and Monday-Thursday, 6 p.m. Call 846-1073.

Water aerobics is open on a pay-by-the-day basis at no additional charge with no additional charges on pool passes. Classes are Mondays, Wednesdays and Fridays, 10-11 a.m., and 11a.m.-noon; and Mondays and Wednesdays, 5:30-6:30 p.m.

Yoga Class is Tuesdays, noon and Saturdays at 11a.m. The focus is more down-to-earth benefits of Yoga, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises. Call 846-1102.

CLUBS

The Kirtland Olympic pool offers a Masters Swim Team run by the Kirtland Aquatics Club. A great opportunity to get into shape and swim competitively, if desired. Call 271-9586.

Flag Football League practice begins June 18. Games will be played Monday through Thursday starting at 5:30 p.m. Cost is \$35 for members and \$45 for non-members. Call 853-5437.

Fitness Center Handball Club meets 11 a.m.-1 p.m., on courts 2 and 5 for challenge games. New members are always welcome. Contact Bob Sanchez at 846-2454 or John Nowicki at 883-3018.

The Manzano Archery Club (located on Kirtland AFB) is hosting an archery 3-D shoot on May 23 at Kirtland AFB. Registration starts at 8 a.m. Fee: Adults \$15.00, Youth \$7.00, under 12 years \$5.00. Enter through the Wyoming Gate. Call Dewey Reed, 883-2818, for base entry procedures.

GOLF

Junior Golf Camp will be held June 14-18. Classes will be conducted Monday - Thursday, 8:30-10:30 a.m., and Friday 8:30-11 a.m. Youth are not required to have prior knowledge of the game of golf. The program is open to ages 8-17. Parents can sign up their children at the Youth Center. Cost is \$30 per student. For additional information call the Youth Center at 846-4092.